

Directions for completing a Health Risk Appraisal (HRA)

1. Go to: www.michiganstepsup.org.
 - If you have already created a *Personal Plan* through the Michigan Steps Up website:
 - Go to Step #2.
 - If you have NOT created a *Personal Plan* through the Michigan Steps Up website:
 - Click on *Create Personal Plan*, complete the *Assessment Quiz* and *Set Goals*.
2. Click on *Access Personal Plan Tools*, and log in.
3. Click on *Health Risk Appraisal*.
4. Follow instructions to register.
 - If you have been given a group number:
 - Input the group number you have been given by your healthcare professional when you register. This will allow your healthcare professional to get a group report on the overall health status of their patient population. This information will be helpful to your healthcare professional in addressing the needs of his or her patient population.

Your personal information is secure, and will not be shared with your healthcare professional, or anyone else.
 - If you have NOT been given a group number:
 - Register without completing the group number field.